



COUNTY OF SAN DIEGO
DEPARTMENT OF ENVIRONMENTAL HEALTH

FOOD AND HOUSING DIVISION

BACKYARD TRAINING POOL

The Department of Environmental Health recommends that the instructors conducting swimming lessons in a backyard swimming pool follow these guidelines to operate the pool in a safe manner. This Department does not routinely inspect backyard swimming pools, but we do respond to complaints. In addition to these recommendations, you may want to check with your local Y.M.C.A. to see if they have any further recommendations or suggestions.

1. The instructor should have a current Red Cross advanced lifesaving certificate or Y.M.C.A senior lifesaving certificate, or have equivalent qualifications and are trained to administer first aid, including cardiopulmonary resuscitation (CPR).
2. Safety equipment should be provided in an easily visible and accessible poolside location. Safety equipment should include:
 - a. A body hook with attached 12 foot (min) pole.
 - b. A life ring with enough attached rope to span the width of the pool from the edge of the pool.
 - c. Section off the deep end of the pool with a rope and buoys attached to the sides of the pool.
 - d. First aid supplies.
 - e. Post an artificial respiration sign with diagrams and a 911 emergency phone number sign.
 - f. A telephone should be readily available to use in case of an emergency.
3. A pool water test kit should be available and used on a daily basis. If swim classes are moderate to large in size, the pool water may need to be tested more frequently. Check with your local pool supply store for information on using the test kit. Some of the more important water chemistry items you will test for are:
 - a. **Free Chlorine** - this is the chlorine that is not combined and is still available to disinfect infectious agents such as potentially pathogenic microorganisms, bacteria, viruses, and algae. You should have free chlorine level of 1.0 ppm to 3.0 ppm.
 - b. **Combined Chlorine** - this is the chlorine that has combined with dust, dirt and other organic material. This chlorine is not readily available to disinfect pathogenic microorganisms. If there is a build up of combined chlorine (also called chloramines) swimmers may complain of irritated eyes, and there may be a strong chlorine smell. To reduce the level of chloramines, the pool must be super-chlorinated to proper levels.
 - c. **pH** - is the measure of the acidity or alkalinity of the pool water. You want to maintain your pool water's pH between 7.2 to 8.0. If the pH is too low, i.e., 6.0, some individuals may develop skin rashes. It also causes etching of the plaster and corrosion of the metal portions of the recirculation system. High pH can cause water cloudiness.

Check with your local pool supply store for further information on adjusting your pool's water chemistry.

If you have any further questions, you may contact this Department at:

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